



SELF CARE

Idea List for DECEMBER



☐ Holidays can be stressful. Arrange to have some quiet time.

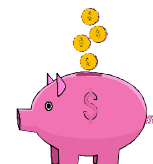
☐ Take a walk after a big holiday meal.



☐ Are you afraid to fly? Try these techniques:

- Avoid caffeine and junk food on the day of flight.
- Relax your entire body. Tense and relax muscles starting with your toes and working up to your head.
- Keep yourself busy with puzzles, work tasks, or games.

☐ Holiday Money Management: Withdraw your allotted week's cash supply and live with it. Don't visit the ATM, or use credit cards.



☐ Slip-Sliding Away. Teach youngsters to ride sleds in a sitting position. They're more likely to suffer head and abdominal injuries if they ride lying down.

☐ Alcohol is implicated in over half of all automobile fatalities.

- * Serve non-alcoholic beverages at parties.
- * Choose a designated driver for holiday parties. Draw straws for the non-alcoholic sipper.

